

# Vegetable Breyani



*Breyani is known for its aroma and flavour and this recipe from Kerrylynn Chetty is a sure winner. It will delight your taste buds and fill your home with the smell of delicious spices.*

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## MAKES 6 PORTIONS

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### INGREDIENTS

1 cup rice  
2 large bay leaves (or 4 small bay leaves)  
2 cinnamon sticks  
4 medium potatoes peeled and halved  
½ cup lentils  
100 ml oil  
100 g margarine/butter  
1 teaspoon fennel seeds  
1 sprig curry leaves 2 sprig thyme  
1 large onion sliced  
2 chillies  
1 teaspoon turmeric  
1 teaspoon breyani masala  
1 teaspoon dhania and jeera powder (optional)  
1 tomato chopped  
1 teaspoon garlic and ginger paste  
Salt to taste  
¼ teaspoon brown sugar  
1 cup carrots peeled and sliced  
1 cup green beans sliced  
1 can drained and washed butter beans  
½ cup peas  
1 handful of dhania  
¼ teaspoon yellow food colouring

### METHOD

**1.** Wash and boil your rice in salted water with 1 bay leaf and 1 cinnamon stick until the rice is 70% done. Drain the rice and set aside.  
**2.** Put the potatoes in the air fryer for 10 minutes. (Shallow fry the potatoes in oil if you do not have an air fryer).  
**3.** Put the lentils and 1 cup of boiling water in a microwave safe bowl in the microwave for 5 minutes to parboil.

**4.** In a clean pot on medium to high heat, add the oil and half of the margarine/butter. Add in the remaining whole spices. Once the spices start to sizzle, add the onion, chillies, curry leaves and thyme. When the onions have softened and caramelised slightly, remove half from the pot and reserve for later.  
**5.** Add the powdered spice to the remaining onions and let it toast lightly.  
**6.** Add the tomatoes, garlic and ginger paste and mix. Add a little water if the mix is too dry or sticking to the bottom of the pot.  
**7.** Add in salt to taste and ¼ teaspoon brown sugar.  
**8.** Add in the fried potatoes and parboiled lentils and mix. Add 100 ml of water and close the pot lid and let it simmer for 5 minutes.  
**9.** Add carrots and green beans and let it simmer covered for a further 5 minutes.  
**10.** Add the butter beans and peas and mix. Let it simmer, covered for another 5 minutes. Add 100 ml of water if the mixture is too dry.  
**11.** Add the dhania and mix. Check if the potatoes are cooked by piercing with a fork or knife. They should be tender.  
**12.** To the rice that was set aside, add ¼ teaspoon food colouring and the remaining onions and mix until the rice is speckled and the onion is evenly mixed through.  
**13.** Add over the vegetable mix and dot with the remaining margarine on top. Sprinkle water over the rice and put the stove on the lowest heat setting.  
**14.** Let it steam for 10 minutes for the flavours to combine.  
**15.** Mix and serve with a side of salad. Enjoy!